

North Montgomery Middle School Menu



2022-2023 School Year

Be sure and get a good start to your day with Breakfast!
Breakfast Paid Meal Price \$1.35 Reduced Breakfast Price \$.30
Lunch Paid Meal Price \$2.00 Reduced Lunch Price \$.40
Milk \$.65

February-March-April 2022-2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Breakfast Pizza Grilled or Brd. Chicken Patty Sand. Potato Wedges Baked Beans Chilled Peaches	Super Glazed Donut OR Breakfast Round Texas Straw Hat Lettuce & Tomatoes Refried Beans, Salsa Baby Carrots & Dip Fruit Juice	Sausage Biscuit Turkey and Noodles Whipped Potatoes/Gravy Warm Baked Roll Seasoned Green Beans Mixed fruit	Mini Eggos Totcho Bowl (Potato Tots, Shredded Pork topped with Cheese) Steamed Corn Fruit Juice Texas Toast	Cinnamon Bun Pizza Romaine Salad Baby Carrots, Broccoli, Red Pepper Strips w/Dip Warm Apple Special Cookie
	Banana Bread Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Chilled Pears	Super Glazed Donut OR Breakfast Round Chicken Bites Warm Baked Roll Seasoned Corn Whipped Potatoes/Gravy Fruit Juice	Cinnamon Donut Holes Stuffed Cheese Bread Sticks, Marinara Sauce Romaine Salad Steamed Carrots Fresh Apple Wedges Goldfish Cinn Crackers	Breakfast Chicken Sand Hamburger Sandwich Sliced Cheese, Tomato, Onion, & Lettuce Oven Baked Fries Seasoned Green Beans Fruit Juice	Cinnamon Bun Beef Burrito Refried Beans Chips & Salsa Baby Carrots & Dip Chilled Peaches
Orange	Breakfast Pizza Rotini with Spaghetti Sauce Romaine Lettuce Salad Breadstick Steamed Broccoli Applesauce	Super Glazed Donut OR Breakfast Round Beef Nachos Refried Beans Romaine Salad Fruit Juice Cheddar Goldfish	Sausage Biscuit Toasted Cheese Sand. Chicken & Noodle Soup or Tomato Soup, Crackers Romaine Salad Baby Carrots & Dip Fresh Orange Wedges	Mini Eggos Chicken Tenders Macaroni & Cheese Seasoned Green Beans Fruit Juice Sliced Bread	Cinnamon Bun Mini Corndogs Oven Baked Fries Steamed Carrots Chilled Pears Cookie

What Makes A Breakfast?
 Select 3 of the 4 Components
 2 Grains or 1 Grain & 1 Protein
 Fruit
 Milk
 One must include a minimum of ½ Cup Fruit to count as a Breakfast Meal.

What Makes A Lunch?
 Select 3 of the 5 Components
 Protein
 Fruit
 Vegetable
 Grain
 Milk
 One must include a minimum of ½ Cup Fruit or Vegetable to count as a Lunch Meal.

February	M	T	W	Th	F	March	M	T	W	Th	F	April	M	T	W	Th	F
Orange			1	2	3	Green			1	2	3	Blue	3	4	5	6	7
Green	6	7	8	9	10	Blue	6	7	8	9	10	Orange	10	11	12	13	14
Blue	13	14	15	16	17	Orange	13	14	15	16	17	Green	17	18	19	20	21
Orange	20X	21	22	23	24X	Green	20	21	22	23	24	Blue	24	25	26	27	28
Green	27	28				Break	27X	28X	29X	30X	31X	Orange	1	2	3	4	5

Lunch Entrée Choices include the daily entrée, deli sandwich, yogurt & cheese pack, and fresh salad entrée bowl with crackers.
 Milk offered with lunch & breakfast. Breakfast includes choices of fresh fruit, raisins, 100% fruit juice.
Fish is offered during Lent on Fridays.
 We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the Kitchen Supervisor prior to the meal if you have any concerns.
 North Montgomery Middle School Food Service Contact Information: Jennifer Himes (765)364-1071 ext. 634. Nutrition and payment info found at:

<http://www.nm.k12.in.us/parent/food-services>

This institution is an equal opportunity provider.